



MONTANA-MADE NUTRITION/PHYSICAL ACTIVITY RESOURCES

Recess Before Lunch-A Guide for Success

<http://www.opi.state.mt.us/schoolfood/recessBL.html>

Learn how to start a Recess Before Lunch Policy at your school. Everything you need to get started is included in the guide, including examples/advice from Montana schools.

Nutrition SENSE Guidebook

<http://www.opi.state.mt.us/schoolfood/nutritionsense.htm>

This toolkit provides information to help schools succeed at selling healthful foods and beverages in student-run stores. Much of the information provided is based on lessons learned from Montana schools.

School Food Service Peer Network

<http://www.opi.state.mt.us/schoolfood/index.html>

Go to Fresh Bytes, choose Peer Consultant Training Directory

A group of outstanding school foodservice directors from Montana schools is available to share their expertise with other school foodservice professionals throughout the state. They can assist with healthy menu planning, cost control issues, strategies to improve participation in school meals, and more. Learn tips from Montana's finest foodservice directors.

Lewis and Clark Fitness Challenge Tool Kit

<http://www.opi.state.mt.us/schoolfood/L&CFitness.html>

or contact kbark@mt.gov or (406) 994-5641

This kit incorporates nutrition and fitness into lesson plans on Lewis and Clark. Students walk the eastern route of Montana by being physically active.

Mind and Body

<http://www.opi.state.mt.us/PDF/health/Mind&Body.pdf>

A K-5 grade specific classroom tool to promote 10-minute periods of physical activity. It is available in PDF format.

Your Own Healthy Style

<http://www.opi.state.mt.us/PDF/health/BodyImageCurr.pdf>

A (Montana made) middle school curriculum to enhance body image in teens. It contains three lessons designed to be taught in six class periods.

Eat To Be Fit

www.opi.state.mt.us

Posted on the Health Enhancement page or can be ordered from the Montana Team Nutrition Program. A packet of 12 informational handouts to provide teens with nutrition information on topics to be of most interest and importance to them. Use this resource as a basis for a nutrition lesson, newsletter or newspaper article, or even for a bulletin board.

Healthy Families Media Packet

E-mail EatRightMT2000@aol.com

This monthly packet developed by Eat Right Montana Coalition (ERM) provides an article and two handouts on nutrition or physical activity each month. Contact ERM to start receiving these monthly packets.

Please note: In December 2005, all State of Montana Web pages will change from “.state.mt.us” to “.mt.gov.”



SUPPORTING ORGANIZATIONS IN NUTRITION AND PHYSICAL ACTIVITY

Montana Office of Public Instruction, School Nutrition Programs

<http://www.opi.state.mt.us/schoolfood/index.html>

This Web site provides guidance on Recess Before Lunch policies, offering healthy foods in student stores and à la carte lines, upcoming training opportunities for schools and communities, information on the National School Lunch and Breakfast Programs, After School Snack Programs, USDA Food Distribution Program, OPI Cooperative Bid Program, Milk Programs as well as technical assistance and training for Montana schools and communities in the areas of nutrition education and healthy school nutrition offerings.

Team Nutrition contact Katie Bark, RD, Program Director

kbark@mt.gov or call (406) 994-5641

School Nutrition Programs contact Chris Emerson, MS, RD, Director

cemerson@mt.gov or call (406) 444-2501

USDA's Team Nutrition Program

www.fns.usda.gov/tn

This agency can provide a variety of tools in assisting you to create a healthy school environment, teach nutrition education, and support outreach efforts to parents.

- ***The Changing the Scene Toolkit***

<http://www.fns.usda.gov/tn/Healthy/changing.html>

Changing the Scene has been designed to assist parents, school administrators, teachers, school foodservice employees or other concerned members of the community — to examine your school's nutrition environment, develop a plan for improvement, and put the plan into action.

- ***Fruits and Vegetables Galore***

www.fns.usda.gov/tn/Resources/fv_galore.html

Fruits & Vegetables Galore: Helping Kids Eat More is a tool for school foodservice professionals packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables — to rejuvenate school cafeterias.

- ***HealthierUS School Challenge***

www.fns.usda.gov/tn/HealthierUS/index.htm

The HealthierUS School Challenge recognizes schools that have taken steps to improve their school meal programs, address the problems of obesity, and to encourage other schools to follow their lead. Find out more in selection criteria and self-assessment form.

- ***Making It Happen***

www.fns.usda.gov/tn/Healthy/execsummary_makingithappen.html

Making It Happen: School Nutrition Success Stories tells the stories of schools that have successfully implemented innovative approaches to offer and sell more nutritious foods and beverages to students and staff. Preview the Executive Summary online now.

Action for Healthy Kids Organization (AFHK)

www.ActionforHealthyKids.org

This organization has a wealth of information on its Web site to assist schools in creating healthy school environments. Check out the Montana Action for Healthy Kids Web page too. You can join the Montana Team and get involved locally or on a statewide basis.

Check out *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*.



Centers for Disease Control and Prevention (CDC)

www.cdc.gov/nccdphp/dnpa/ **and** www.cdc.gov/HealthyYouth/index.htm

The CDC Web site is an essential resource for nutrition and activity issues. Search for: surveillance data (including maps of obesity prevalence); pediatric growth charts; and several national campaigns, like *Kids Walk-to-School* and *Turn Off Your TV*.

Schools can use the School Health Index as a self-assessment and planning tool to improve the effectiveness of their health and safety policies and programs. The School Health Index can be found at <http://apps.nccd.cdc.gov/shi/>

Montana State University Extension Service/Food and Nutrition

<http://www.montana.edu/extensionnutrition/>

This useful Web site provides a wealth of information on general food and nutrition, disease prevention, food safety, and links to other Montana and nationwide resources. Contact Lynn Paul for information on the Food Safety Works Program, ServSafe Food Safety Training, and more.

- ***Lynn Paul, EdD, RD***

lpaul@montana.edu or call (406) 994-5702

Montana State University Extension: Nutrition Education Programs

<http://www.montana.edu/nep>

Food Stamp Nutrition Education (FSNE) and Expanded Food and Nutrition Program (EFNEP) partner with numerous community agencies and organizations to effect positive behavior changes in participants concerning nutrition and physical activity. The Montana FSNE program provides educational programs for food stamp households and those eligible. EFNEP teaches low income families with children and youth. In 34 counties, nutrition assistants provide a series of lessons or single demonstrations with practical information and skill-building tips for choosing better foods, food handling, food storage and food safety practices.

- ***Phyllis Dennee, MS, CFCS, EFNEP Coordinator, FSNE Principal Investigator***

pdennee@montana.edu or call (406) 994-5702

- ***Renee Harris, BS, CFCS, FSNE Program Coordinator***

rharris@montana.edu or call (406) 994-6318



ONLINE RESOURCES FOR NUTRITION AND PHYSICAL ACTIVITY

California Dept. of Education: Academic Achievement and Physical Fitness

www.cde.ca.gov/news/releases2002/rel37.asp

This study, released in December 2002, supports the connection between physical fitness levels of students in grades 5, 7, and 9 – and student performance on California Department of Education Achievement Tests.

California School Board Association (CSBA)

www.csba.org/PS/hf.htm

The CSBA has long been active in encouraging schools to establish nutrition policies. Its 2003 guide *Successful Students Through Healthy Food Policies: Act Now for Academic Excellence* can be ordered for \$20.

Center for Weight and Health (University of California, Berkeley)

www.cnr.berkeley.edu/cwh/

The center sponsors conferences and coalitions in California. The site features links to literature, research, surveys, funding, and information on *Reversing Childhood Obesity Trends: Helping Children Achieve Healthy Weights*.

Eat Smart, Move More ... NC

www.eatsmartmovemorenc.com/index2.php

This initiative promotes physical activity and healthy eating through policy and environmental change, like the newly released *Eat Smart: North Carolina's Recommended Standards for All Foods Available in School* at www.eatsmartmovemorenc.com/ESMMmaterials/SchoolFoodsStandards.pdf

Healthy School Food Coalition

http://departments.oxy.edu/uepi/cfj/cfj_LA_sodaban.htm

Los Angeles Unified School District, second largest United States district, unanimously passed a motion banning soda sales in all district schools. This site offers a guide to the strategies used in Los Angeles and other school nutrition information.

Healthy Weight Network

www.healthyweight.net/

Francie Berg, MS, publishes *Underage and Overweight* and offers handouts, resources, and links, like *SNE Guidelines for Childhood Obesity Prevention Programs: Promoting Healthy Weight in Children* (2002).

Institute of Medicine ~ Preventing Childhood Obesity

www.iom.edu/report.asp?id=22596

The IOM Committee on Prevention of Obesity in Children and Youth has developed a national strategy with specific actions for families, schools, industry, communities, and government in *Preventing Childhood Obesity: Health in the Balance*.

Kaiser Family Foundation Report: Role of the Media in Childhood Obesity

www.kff.org/entmedia/entmedia022404pkg.cfm

This 2004 report reviews over 40 studies to explore what researchers do and do not know about the role media play in childhood obesity – and identifies ways media could help to address this important public health problem.

KidsRunning.Com

www.kidsrunning.com/columns/whatkidsneed2.html

Read all about the strategies that a creative teacher (and webmaster) has developed to incorporate healthy snacking and physical activities (like a *Healthy Snacking Ultra-Marathon*) into elementary and special education classrooms.



Lexington-Fayette Health Department (Kentucky)

www.lexingtonhealthdepartment.org/docs/Food_for_Thought_printer.pdf

The health promotion folks in Lexington, Kentucky, have developed an excellent full-color publication: *Food for Thought: Healthy Food Guidelines for Schools* (available for a free download as a PDF file).

Maine Nutrition Network (MNN)

www.maine-nutrition.org/

MNN is a collaboration coordinating nutrition activities to support the health of Maine people, including healthy recipes, *Maine-ly Nutrition Education* programs, and the new *Maine Guide: Supporting Healthy Changes in School Nutrition Environments*.

Michigan Department of Education

www.michigan.gov/documents/healthyweight_13649_7.pdf

The Role of Michigan Schools in Promoting Healthy Weight: A Consensus Paper (2001) features guidance on excessive weight and weight gain; social pressure for excessive slenderness; and unsafe weight loss practices.

Michigan Team Nutrition

www.msue.msu.edu/fnh/tn/

The partnership between MSU Extension and the MI Department of Education has dozens of resources for schools, including exciting ways to link nutrition and physical activity education with literacy – promoting reading and health together.

Minnesota Team Nutrition ToolKit

<https://fns.state.mn.us/FNSProg/NSLP/NSLPResource.htm#toolkit>

This site provides dozens of tools for enhancing school nutrition environments including: handouts for parents and students; strategies for improving vending machine options; and resources for adult role models.

National Association of Secondary School Principals

NASSP Guidelines for School Beverage Partnerships (vending machines) can be found at:

http://nasspcms.principals.org/s_nassp/sec.asp?CID=63&DID=47375

National Association of State Boards of Education

<http://www.nasbe.org/index.html>

NASBE maintains a State School Health Policy Database with hyperlinks to related policies from other states. You can also order the *Fit, Healthy, and Ready to Learn* School Health Policy Guide, which provides sample policy language and program guidance for states, districts and schools, at

<http://www.nasbe.org/HealthySchools/>

National School Foodservice Management Institute

www.nfsmi.org/index.html

NSFMI offers training in Child Nutrition Management; a comprehensive catalog of materials for child nutrition professionals; and extensive research studies on foodservice and healthy school nutrition environments.

Nutrition Explorations

www.nutritionexplorations.org/

This site, also sponsored by the National Dairy Council, provides dozens of fun and easy ways to teach and learn nutrition. There are in-depth sections for parents, teachers, and school foodservice professionals.

PASA (Parents Advocating School Accountability)

<http://pasaorg.tripod.com/nutrition/nutrition.html>

This parent group in San Francisco (CA) has supported extensive changes in the nutrition environment of SF schools. Site includes detailed info about those changes, links to other sites, and an excellent archive of school nutrition news.



President's Challenge ~ You're It. Get Fit!

www.presidentschallenge.org/

Physical activity and awards program for Americans of ALL ages. Site offers activity logs for kids, teens, and adults (you can register your whole school), as well as cool online tools and ways to win awards for activity.

Project LEAN (Leaders Encouraging Activity and Nutrition)

www.californiaprojectlean.org/

California Project LEAN, from The Public Health Institute, supports several youth projects. One is *Food on the Run: Your Energy Wake Up Call*, a Web site with simple nutrition and active solutions for teens.

School Nutrition Association

www.asfsa.org/

The 55,000 plus members of SNA work in school nutrition all across the USA, and many are active in creating school-based nutrition programs for healthy kids. The site features news, research, and free promotional kits for school meals.

SPARK: The New PE

www.sparkpe.org/

SPARK's training and tools promise PE classes that are more inclusive, active, and fun. SPARK offers programs for Early Childhood, Elementary and Middle School Physical Education, Lifelong Wellness, and After School Recreation.

Take 10!

www.take10.net/

Take 10 is a classroom-based physical activity program for kindergarten to fifth grade students, which is linked to academic learning objectives. The goal is to get American kids moving more – ten minutes at a time.

Texas Department of Agriculture – Child Nutrition Programs

www.agr.state.tx.us

Commissioner of Agriculture Susan Combs is taking a strong stand for healthy schools, including a new policy on competitive foods (released 03/01/04). Site has a variety of resources, including PDFs of some awesome new brochures like *Non-Food Ways to Raise Funds and Reward a Job Well Done*.

VERB™: It's What You Do

www.verbnow.com/

VERB™ is CDC's physical activity Web site aimed at tweens (ages 8 to 12). The site provides ways to record activities and win prizes – along with videos of dance moves, skateboarding tricks, and BMX bike actions.

Vista (CA) Unified School District – Healthy Vending Information

www.vusd.k12.ca.us/cns/healthyvending.htm

Enid Hohn, RD, Director of Child Nutrition Services in a large southern California school district, offers extensive information, including a PowerPoint presentation about the success of her healthful vending program.

Wisconsin Department of Education: What's Right for Kids

www.dpi.state.wi.us/dpi/dltcl/bbfcsp/pdf/tnbooklt.pdf

Released in early 2004, this comprehensive document outlines child nutrition problems – and the multiple roles that schools can play in the solutions, including many examples of what Wisconsin schools are doing to improve nutrition.



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3. Sallis, J.F., et. al., "Effects of health-related physical education on academic achievement: Project SPARK," *Research Quarterly for Exercise and Sport*, 1999, 70 (2): 127–134. See also Shephard, R.J., "Curricular physical activity and academic performance," *Pediatric Exercise Science* 1997, 9: 113–126; and Shepard, R.J., Volle, M., Lavallee, H., LaBarre, R., Jequier, J.C., and Rajic, M. "Required physical activity and academic grades: A controlled longitudinal study," *Children and Sport*, Ilmarinen and Valimaki, Eds. Springer Verlag, Berlin, 1984, 58–63.
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